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Abstract

The present invention relates to a dietary fiber composition produced by a process involving extruding a milk containing product (e.g., milk, milk concentrate, whey, whey concentrate, whey protein isolate) through an extruder at about 50-about 400 rpm and at a temperature of about 50° to about 120°C to produce the dietary fiber composition. The present invention also concerns a fiber enriched food product containing at least one food ingredient and the dietary fiber composition described herein. In addition, the present invention relates to a method of making a fiber enriched food product, involving adding the dietary fiber composition described herein to one or more food ingredients or adding one or more food ingredients to the dietary fiber composition described herein. Furthermore, the present invention concerns a method of increasing fiber in the diet of a mammal, involving feeding to the mammal the fiber enriched food product described herein.